



County Connection



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Calendar of Events

March

5: BOC meets @ 9a

11: Daylight Savings

17: St. Patrick's Day

19: BOC meets @
6:30p

21: Spring Begins

February

1: April Fool's Day

2: BOC meets @ 9a

6: Good Friday - **Of-
fices Closed**

8: Easter

16: Last day to file
taxes

16: BOC meets @
6:30p

Thought for March:

**In prosperity our
friends know us, in
adversity we know
our friends.**

Thought for April:

**The reputation of a
thousand years may
be determined by the
conduct of one hour.**

**Japanese
Proverb**



Bizarre Holidays:

3/1: Share a Smile
Day

3/19: Let's Laugh
Day

4/4: Library Book
Day

4/9: Safety Pin Day

Special points of interest:

- March 15: Taylor Printing Customer Appreciation at Civic Center
- March 23: Pay Day
- April 6: Offices Closed
- April 27: Pay Day

Welcome New Employees!!

Wilson Gwynn - Main.

Jeffrey Stein - Parks

Chad Jarvis - EMS

Justin Scruggs -

Amy Lyle - Health

Parks

Michael Ruth - Parks



Humor to Start the Day: Excuses for Staying Home

By: Kathy Gurchiek

The following are actually excuses given by employees in 2006 for staying home according to a poll of 1,150 U.S. hiring managers.

- I had a fight with my husband and I want to talk to him when he gets home.
- I was in jail and couldn't call in.
- I just found out I had court this morning.
- A buffalo that had escaped from a game reserve kept charging at the employee every time she tried to leave her house to get to her car.
- The employee's horses got loose and were running down the highway.
- A skunk entered the employee's house and sprayed all of his uniforms.
- The employee's mother-in-law poisoned him.
- The employee's mother was in jail.
- The employee was experiencing all the symptoms of his pregnant wife.
- One of the walls fell in the employee's house.
- The employee's wife said he couldn't come to work because he had a lot of chores to do around the house instead.
- The employee blew his nose so hard that his back went out.
- The employee was locked in a restroom stall and no one was around to let him out; he was calling from his cell phone.
- The employee's dog swallowed her bus pass.
- The employee broke his leg snowboarding off the roof while he was drunk.
- The employee was sad.
- Employee got bit by a cow.
- Employee was walking her dog and slipped on a toad in her driveway and hurt her back.
- The ghosts in employee's house kept him up all night.
- The house lock jammed and the employee was locked in the house.
- The employee forgot they were getting married that day.

Living Healthy: How to Keep Your Heart Healthy

myCigna.com

How Do I Know if I'm at Risk?

- Are you over the age of 65?
- Do you have a family history of heart disease?
- Do you have diabetes?
- Do you smoke?
- Is your total cholesterol level over 240?
- Is your blood pressure level over 140/90?
- Do you exercise less than 30 minutes a day on most days of the week?
- Are you overweight?

If you answered yes to at least two of these questions, you may have a higher risk of developing heart disease.

Can I Lower My Risk?

- Quit Smoking.
- Watch your diet. Aim for a low-fat, low-cholesterol diet with lots of fruits, vegetables and whole-grain foods.
- Get moving. Regular exercise strengthens your heart, improves circulation and works with your diet to help you maintain a healthy weight.
- Visit your doctor.

Women May Have Atypical Heart Attack Symptoms

- Chest discomfort. Discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath. May occur with or without chest discomfort.
- Other common symptoms include breaking out in a cold sweat, nausea, or light-headedness.
- For many women these symptoms appear as long as a month or more before the heart attack.
- The heart attack is more often brought on by anxiety or mental stress, and even sleep.



- March 13: Financial Wellness Seminar - Basic Budgeting; 10:30 am - 11:30 am & 2:00 pm - 3:00 pm. Sign up sheet due by March 7th.
- March 15: Taylor Printing Customer Appreciation at the Caswell County Civic Center from 11:30 am - 2 pm.
- March 1 - 31: Health Risk Assessment provided by CIGNA. All confirmation pages must be turned into the HR office by March 31st to be eligible for prize drawing. For employees covered by the County Health Plan/CIGNA.



Employee Birthdays

March

Frank Archer	EMS	Emily Owen	Parks	Anita Graves	Parks
Joshua Benfield	911	Neil Patel	Parks	Raymond Graves	Maint.
Woodrow Bigelow	Insp.	Debbie Rascoe	DSS	Jim Gusler	EMS
Gwynn Brandon	Sheriff	Cynthia Richmond	Health	Wilson Gwynn	Maint.
Van Buchanan	EMS	Jean Roberts	Elections	Dustin Johnson	Parks
Janice Clayton	Finance	Justin Scruggs	Parks	Amy Lyle	Health
Ricky Colie	Parks	Greg Scott	Health	Cynthia Royster	911
Delores Dameron	Deeds	Patricia Smith-Overman	Health	Steven Smith	Parks
Catrina Davis	Health	Jill Thompson	DSS	Kathy Upchurch	Library
Jeannine Everidge	Sen. Cen.	Florence Vereen	DSS	Jeffery White	EMS
Donna Graves	CDOT	George Ward	Gov't	Judy Williamson	Health
Gloria Hodges	911	Stephana Wood	Health		

April

Racquel Hughes	DSS	Rebecca Archer	EMS
Doris Hylar	Library	Jane Bason	Library
Carrie King	Sen. Cen.	Jerald Brown	Sheriff
Beverly Lancaster	DSS	Andrew Davis	EMS
Mary Mitchell	Health	Densie Douglas	DSS
Angela Motley	Parks	Randy Echols	Parks
Judy Nelson	Tax	AJ Fuqua	911